

INBALANCE

MONTHLY UPDATE FROM INBALANCE - JANUARY 2018

inBalance is now on Facebook!



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inBalance -
City of
Springfield
Employee
Wellness



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FREE BLOOD PRESSURE SCREENINGS

inBalance is partnering with the Health Department
to offer FREE Blood Pressure Screenings from
December through February.

Check to see where we will be! Visit
springfieldmo.gov/inBalance for full schedule.



Questions? Email
inBalance@springfieldmo.gov



MEET MONA

Mona Alphin is a certified Yoga instructor. Any student from the experienced to the first timer would be welcome. The classes focus on body alignment and reducing your stress level.

"Teaching gives me great pleasure. There is nothing more for filling than to watch a student "land that pose" after working hard to make it happen. Come to class & increase your self confidence, improve your self esteem, your balance, & increase flexibility. Most of all learn to slow down to improve & extend your life. How often have I

heard, "I can't take Yoga, I'm not flexible." If you have ever said this, you need to come to a class. Everyone works to their own level."

Join Mona every Monday & Wednesday evening, 5:30-6:45 pm. Fire Station #1
Community Room

For complete fitness class schedule, please visit: springfieldmo.gov/inbalance